

## **BOARD OF HEALTH FREE FLU SHOTS AND HEALTH SCREENINGS AT BEDFORD DAY:**

The Bedford Board of Health is offering FREE flu shots at Bedford Day on Saturday, September 20, 2014 from 9:00 am to 1:00 pm. Look for us under the big white tent next to the side entrance of Town Hall (New Location This Year!). The flu shots are available to residents of Bedford 8 years of age and older and are free of charge. It is important for you to bring ID and insurance cards to this event as we may be able to be reimbursed for the cost and administration of the flu vaccine. Children under the age of 18 must be accompanied by a parent or guardian and we ask that anyone receiving a vaccination wear clothing that allows for easy access to their arm for vaccine administration. Please speak to your provider or your child's pediatrician if you have questions about the influenza vaccine for yourself or your child.

Due to our new location this year, in an effort to minimize lines and waiting, when you approach the tent for a flu shot, if there is a line of people waiting you may be provided with a ticket indicating a specific appointment time. This will be the time you will be given your shot. If you'd like to save time, print and complete your flu shot registration form in advance of the event by navigating to: <http://www.bedfordma.gov/board-of-health/news/save-a-step-for-flu-shot>. Bring this completed form and your insurance card to the event. The town-wide flu clinic, open to all Bedford residents 6 months of age and older, will be held on October 18<sup>th</sup> at the John Glenn Middle School.

Also on Bedford Day, the Board of Health is once again partnering with Emerson Hospital to provide FREE health screenings to our community. Blood pressure screening and blood testing for cholesterol levels, PSA (men only) and thyroid function will be offered. If requesting cholesterol screening, you must fast for 12 hours (no food or drink except water should be taken by mouth 12 hours prior to the screening). If fasting is not done, a total cholesterol screening will be offered.

The Board of Health and Healthy Bedford will also be on hand to provide information about the new Healthy Dining Program, the Pedestrian and Bicycle Master Plan and free disposal options for household medical sharps (needles, syringes and lancets) and unwanted prescription medications. Stop by and pick up a free sharps container. The Emerson Hospital and Bedford Board of Health tent will be open at 9:00 am to begin the flu shots and screenings. Please remember that you must refrain from any food or drink, except water, for the required 12 hour period if you are interested in a full lipid cholesterol screening.

We hope to see you at Bedford Day!